

NADAP E-GRAM

Navy Alcohol and Drug Abuse Prevention

December 2012



Safe Ride Home

Safe Ride Home program is a key component of a community-based comprehensive impaired driving prevention effort. A Safe Ride Program provides a free, safe and confidential ride home to any driver who is not in a condition to drive home safely or to any person who wants to avoid being a passenger in an unsafe situation.

Safe Ride Home programs also holds the potential for changing attitudes about driving while drinking; a person's concern for another's safety should lead to greater appreciation of both the risks and responsibilities associated with driving while impaired.

Safe Ride Home programs can be organized in different ways. Here are few best practices to consider when developing a safe ride home program.

- Supported by local taxi company; local and metropolitan coverage area
- Funded by the CPO mess
- Anonymous user guarantee
- All Sailors are given *Safe Ride Home* keychain cards during command indoctrination and reissued during Holiday stand down
- Sailor presents command *Safe Ride Home* keychain card to taxi driver upon pickup
- CPO mess receives a monthly bill from taxi company
- During high-risk holidays the safe ride program fueled by command volunteers
- The program should be heavily advertised during holidays on and off base

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3, 2, 1 – Happy New Year!

It's almost that time of the year again! Yes, it's nearly New Year's Day, and the idea of making a resolution or two has probably crossed your mind. If you are considering changing your drinking habits, consider the below strategies.

Small changes can make a big difference in reducing your chances of having alcohol-related problems.

Whatever strategies you choose, give them a fair trial. If one approach doesn't work, try something else. But if you haven't made progress in reducing drinking after 2 to 3 months, consider quitting drinking altogether, seeking professional help, or both.



For more information visit <http://rethinkingdrinking.niaaa.nih.gov>

Keep track. Keep track of how much you drink. Find a way that works for you, carry drinking tracker cards in your wallet or enter notes in a mobile phone notepad. Making note of each drink before you drink it may help you slow down when needed.

Count and measure. Know the standard drink sizes so you can count your drinks accurately. Measure drinks at home. Away from home, it can be hard to keep track, especially with mixed drinks, and at times, you may be getting more alcohol than you think. With wine, you may need to ask the host or server not to "top off" a partially filled glass.

Set goals. Decide how many days a week you want to drink and how many drinks you'll have on those days. It's a good idea to have some days when you don't drink. Drinkers with the lowest rates of alcohol use disorders stay within the low-risk limits.

Pace and space. When you do drink, pace yourself. Sip slowly. Have no more than one standard drink with alcohol per hour. Have "drink spacers"—make every other drink a non-alcoholic one, such as water, soda, or juice.

Find alternatives. If drinking has occupied a lot of your time, then fill free time by developing new, healthy activities, hobbies, and relationships, or renewing ones you've missed. If you have counted on alcohol to be more comfortable in social situations, manage moods, or cope with problems, then seek other, healthy ways to deal with those areas of your life.

Avoid "triggers." What triggers your urge to drink? If certain people or places make you drink even when you don't want to, try to avoid them. If certain activities, times of day, or feelings trigger the urge, plan something else to do instead of drinking. If drinking at home is a problem, keep little or no alcohol there.

Plan to handle urges. When you cannot avoid a trigger and an urge hits, consider these options: Remind yourself of your reasons for changing. Or talk things through with someone you trust. Or get involved with a healthy, distracting activity, such as physical exercise or a hobby that doesn't involve drinking.

Know your "no." You're likely to be offered a drink at times when you don't want one. Have a polite, convincing "no, thanks" ready. The faster you can say no to these offers, the less likely you are to give in. If you hesitate, it allows you time to think of excuses to go along.

UPC UNIVERSITY

A series of subjects aimed at enhancing awareness of the Navy's Drug Testing Program for Urinalysis Program Coordinators.



Topic 3: Drug Testing Laboratory Procedures “Beyond a Doubt” - Revisited

The Navy training films “Beyond a Doubt” and “A Commitment to Accuracy” detail the lengths to which all drug testing facilities go to ensure the process integrity, chain of custody, and testing accuracy for each received sample is maintained. The videos should be considered required viewing, and a link to both of them is provided below. It is imperative that you realize that there are procedures in place which include checks and balances to ensure that a reported positive result belongs to the member in question and provides an accurate indication of drug use.

Accessioning is the intake process each sample goes through where it is assigned a unique laboratory accessioning number (LAN) and any discrepancies in the specimens or chain of custody documentation are noted. Social Security Numbers are not used to track samples through the laboratory. Once accessioning is complete, the processing begins with each specimen having a small portion poured into a tube for testing, known as an aliquot. You should be aware that nothing is inserted into the original sample, and that the aliquot is what is utilized throughout the testing process. Bar coding and labeling allow for automation and simplified tracking of individual specimen bottles and each poured aliquot. The original bottle does not leave the protection of the Accessioning area until it is either determined to be negative, or frozen in long-term storage if positive.



UPC UNIVERSITY CONT.

Screening of samples is accomplished by using immunoassay to eliminate those which may indicate drug use from those that are clearly negative. Therefore, efforts can then be concentrated on potentially positive samples. Immunoassays work by reacting with drug metabolites contained in the urine in a way that can be detected by the lab's automated processing system. This capability allows the lab to efficiently process the large quantities of samples received for testing. Aliquots that don't indicate any drugs in them and their original specimen bottles are discarded; however, aliquots that indicate potentially positive specimens are reviewed by laboratory certifying officials (LCOs). If they all concur, urine from the original bottle is poured into a second aliquot for re-screening. If the re-screened sample indicates possible drug use and is again agreed on by the LCOs urine from the original bottle is poured into a third aliquot for confirmation testing.

Confirmation testing is an involved process that positively identifies the metabolites and their concentrations within the urine specimen. The drug or drug metabolites are chemically extracted from the urine specimen and tested to determine their precise composition and concentration through gas chromatography/mass spectrometry (GC/MS). A sample that does not meet or exceed the established DoD cutoff value for a drug is reported as negative for that drug. A positive indication through GC/MS again undergoes LCO review before being reported as a positive result.

Quality control and certification at each drug laboratory is a continual process, with screening instruments having open and blind specimens of known values processed at the same time that regular testing occurs to ensure equipment accuracy. The DoD also sends random open and blind specimens to ensure that the overall lab process at each lab meets DoD accuracy standards. This is in addition to outside agency inspections which occur 3 times a year. This combination of internal procedure and external oversight allows for complete certainty that reported results are forensically accurate and legally defensible.

“Beyond a Doubt” and “A Commitment to Accuracy” can be viewed and downloaded at the Navy and Marine Corps Public Health Center (NMCPHC) webpage:

http://www.nmcphc.med.navy.mil/Field_Activities/ under the Navy Drug Testing Program tab, or downloaded from the NADAP webpage: www.nadap.navy.mil under *NDSP*.



Work on the DEFY Curriculum Update Continues

The update to the DEFY curriculum is in the final stages. The new curriculum will have video vignettes specifically designed for the DEFY Program, eliminating the need to purchase commercially-produced video products. This will make distribution of the entire curriculum easier and decrease overall program costs. The contractor is also working a train-the-facilitator video production, which will help new facilitators present the curriculum to participating youth. A curriculum review panel is scheduled to meet in December and will make final recommendations to the contractor. Expected rollout of the updated curriculum and all its components is at the DEFY train-the-trainer events, scheduled to begin in January.

DEFY Programs Celebrate Red Ribbon Week

As part of the DEFY Program's outreach efforts to further the drug abuse prevention message, local DEFY programs worldwide celebrate Red Ribbon Week (RRW). RRW, started as a remembrance for slain Drug Enforcement Agency Special Agent Enrique "Kiki" Camarena, occurs annually in October to highlight substance abuse prevention. DEFY Programs worldwide receive RRW items to distribute to other youth and families on bases. This helps build confidence in participating youth to share the anti-drug message with their peers and to resist peer pressure. RRW PCOLA 1 and 2 caption: DEFY youth from Naval Air Station Pensacola spell out their opinion of a "drug-free me"

DEFY Programs Win 2012 Naval District Washington Regional Campaign Drug Free Flagship Award

On Tuesday, November 6, 2012, the NDW Regional Campaign Drug Free Flagship award recipients were announced:

- Large Shore Category
Regional Winner - Navy Information Operations Command
- Medium Shore Category
Regional Winner - Naval Support Activity Washington
- Small Shore Category
Regional Winner - Naval Air Facility Washington

Each winning command sponsors a local DEFY Program, which provides a part of the justification for the award. These commands now go forward to compete for the Navy-wide award. Good luck all!



Navy Surgeon General Confident Zero-Tolerance Policy is Working

By Mike Gooding, 13News
WVEC.com
Posted November 14, 2012



NORFOLK-- The Navy's top medical officer says "the message is definitely getting through" to the rank and file when it comes to substance abuse.

Navy Surgeon General and Chief of the Bureau of Medicine and Surgery, Vice Admiral Matthew Nathan, says it's "heartbreaking" when some sailors break the rules.

"The good news is that in my travels around the Navy and around Navy medicine, 99 percent of our people are on point, they're on their game, they're eager to be part of it and really want the Navy to be the poster child for integrity and strong ethics," Nathan said.

Nathan's comments came one day after the Navy confirmed that 11 USS Wasp sailors have been disciplined for using the synthetic marijuana-like compound Spice.

Two more sailors face a Captain's Mast for allegedly using, buying or distributing the hallucinogenic compound known as Smiles.

Nathan was at Naval Station Norfolk Wednesday to meet with several hundred Hampton Roads-based hospital corpsmen. He thanked them for their dedicated service during the past eleven years at war in Afghanistan and Iraq.

Nathan believes the Navy's zero-tolerance policy on substance abuse is making an important difference, but unfortunately some sailors aren't on board.

"We're always going to have some of those folks who don't get the message. They don't adhere to the fitness standards, they don't adhere to the good order and discipline, they don't stay away from substances, or they let their integrity and their judgment falter. And the sad thing is, sometimes those are good people who make these judgment errors and it not only impacts their career, it impacts their life," he said.

Nathan admitted he's somewhat worried about the lingering threat of massive defense cuts, sequestration and what impact defense reductions could have on readiness, but he indicated he is also confident.

"I think anytime you're facing a budget deficit and a decrease in your budget, you've got to reshape, rethink and restrategize how you're going to perform the mission," he said. "And it hasn't been the first time in our nation's history that our Navy has had to weave its way through a decreased budget. We'll do it. It'll put pressure on us to find innovations. It'll put pressure on us to figure out how to do more, leverage more efficiency in technology and use our personnel at peak efficiency."

ADAMS Course Update



The Alcohol and Drug Abuse for Managers/Supervisors (ADAMS) (S-501-0120) for Supervisors Course Revision C, Change 1, will become effective 1 January 2013. This course focuses on providing Navy supervisors with the knowledge and skill in: alcohol and drug abuse prevention, recognition, documentation, intervention, and aftercare.

Completion of this 8 hour course is required training per OPNAVINST 5350.4 for all E5 and above personnel in first-line supervisory positions. Department of the Navy civilians who supervise military personnel should also attend ADAMS Supervisor training.

Course materials will be available for download on Navy Knowledge Online commencing 3 December 2012 at <https://www.nko.navy.mil/portal/personaldevelopment/home/adams>.

All course facilitators are required to download and deliver the latest material. The Center for Personal and Professional Development (CPPD) point of contact is YNC(SCW/AW) Williams at (757)492-5668, shawnette.williams@navy.mil.



STATISTICS

ARIs & DULs

NOV	313	74
DEC	326	118
JAN	376	105
FEB	326	100
MAR	370	122
APR	394	104
MAY	340	82
JUN	332	73
JUL	290	67
AUG	251	76
SEP	237	81
OCT	172	42

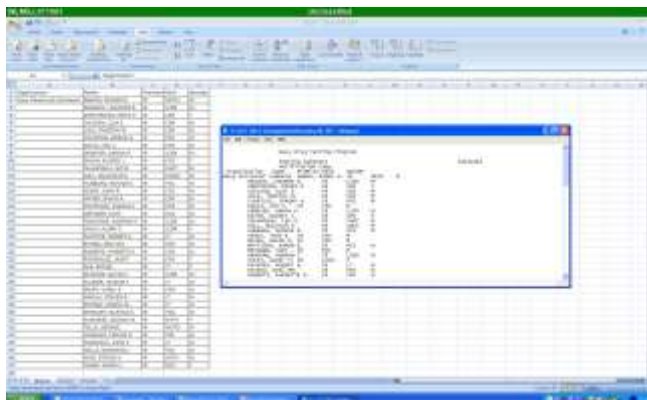
MEM POS & TOTAL TESTED

NOV	117	101,388
DEC	84	89,804
JAN	110	121,204
FEB	95	97,630
MAR	118	100,629
APR	117	98,095
MAY	128	95,822
JUN	127	93,820
JUL	143	96,097
AUG	134	91,470
SEP	217	101,970
OCT	240	86,582

Building a Sanitized UPC E-mail Notification List

NDSP has a tool that assists the UPC in notifying the chain of command of who is expected to provide a urinalysis sample. The Notification Copy of the list of names is generated by the NDSP software, but it was written before PII control was as stringent as it is today. By default, it contains the last 4 of the SSN; however, a workaround is available below to produce a Notification Copy that reduces the amount of PII. For a full description of these instructions with screenshots, visit www.nadap.navy.mil.

1. Open EXCEL workbook and open the *Data* Tab
2. Under “From Other Sources”, click the drop down arrow and select “*From XLM Data Import*”.
3. Find file location path for unscrubbed UPC Notification List. Note that the file you are looking for is not displayed.
4. On the dropdown for “Files of Type”; select “*All Files to display UPC Notification List*”.
5. Select the file you want to scrub (it will have a .txt file extension) and click on “Open”.
6. Use *Fixed Width* and begin Import Row at **6** and click next
7. To remove excess lines, simply double click to remove or drag lines from top arrow to set column width.
8. Remove break lines to Name and click next
9. Only the first Column will be Shaded; hold the SHIFT Key and drag the menu Bar until the last column is visible and click inside. All Columns should now be shaded.
10. Select *Text* for Column data format and click next.
11. Click Finish and OK on the popup and now the EXCEL Spread Sheet is populated with UPC Data
12. You now have an EXCEL spreadsheet with Organization, Name, Premise code, Last 4 of SSN, Rank, and Gender.
13. Scrubbing for PII: Select SSN column, right click mouse, and select *Delete*. Now your UPC Notification List has been scrubbed for PII.
14. Sanitized copy: Now that you have transferred the data to an EXCEL spreadsheet it needs to be filtered, scrubbed, and alphabetized.
15. Once your UPC Notification Sheet has been alphabetized from A-Z using Column “B”, insert a header row and cut and paste the “Organization” row to the header row. Delete what you do not want on the E-Mail Notification List.
16. Final touches: Click on Row 1, right click mouse, and scroll down to insert
17. Now, you can customize your E-mail Copy
18. Copy and paste to NDSP Notification List
19. Paste Excel File over NDSP Testing Subjects Notification Copy from the Organization Line through the last Sailor on the sheet.
20. Your final sanitized E-mail Notification Copy: Make sure when you rename your file it is easily identifiable as a sanitized list in your E-mail. It is also recommended that you open and verify the absence of PII in your list every time you attach the file and send it out to your command.



If you have any questions regarding these steps, please contact the NDSP Helpline at (901) 874-4204.